

# Three sweet potato ideas you haven't thought of

Thanksgiving kicks off a season filled with delicious eats, and sweet potatoes are the unsung heroes of holiday nutrition. These affordable, allergy-friendly gems are not just tasty but also a nutritional powerhouse, loaded with potassium, fiber, and over 100% of your daily vitamin A needs. Their versatility shines in both sweet and savory dishes, and they're incredibly shelf-stable.

Some topping ideas to inspire you:

- Peanut butter (or other nut butter), raisins, and cinnamon
- Mashed avocado, sunflower seeds, and lime juice
- Hummus, sliced grape tomatoes, and cumin
- Yogurt, sliced bananas, and granola
- Sautéed spinach, walnuts, and a dash of nutmeg
- Scallions, cashews, soy sauce, and ginger
- Salsa, black beans, and corn

Get creative with sweet potatoes in these easy ways:



**Mash 'Em Up:** After baking and peeling, mash them for a base in soups, smoothies, hummus, or even to enrich baked goods.



**Sweet Potato Toast:** Slice into 1/4-inch planks and toast them. To make slicing easier, zap your potato in the microwave for 10-20 seconds first. They're a great bread alternative for sandwiches and burgers.



**Cube, Roast, and Toss:** Cube, oil, and roast them at 425°F for 30-40 minutes. They're perfect in salads, lentil dishes, or as an addition to chilis, soups, and stews.

# Mexican Baked Polenta Casserole



This recipe is one of our favorites because it is made up of all very simple, whole food ingredients, yet it'll be on the table faster than a Doordash order. (Plus, this one-dish nutritious meal that costs less than \$2 per serving!)

## For the polenta:

- Nonstick cooking spray or 1 tsp oil
- 1 cup cornmeal
- 1 cup hot water + 2 cups water
- ½ tsp salt

Spray or spread oil on an 8x8-inch baking pan. Set aside.

In a small mixing bowl or 2-cup measuring cup, whisk together 1 cup of hot water and the polenta. Whisk (or stir briskly with a fork) until no lumps remain.

Transfer to a medium pot, turn the heat on high, and SLOWLY add 2 cups of water, stirring constantly. When the mixture starts to bubble, turn the heat to medium and continue stirring constantly for about 10 minutes. Turn off heat and pour polenta into pan. Spread evenly and allow to cool while preparing the rest of the meal.

## For the bean layer:

- 1 can black beans, rinsed and drained
- 1 ½ cups salsa

Stir together beans and salsa. Spread over polenta layer.

## For the veggie topping:

- 1 large or 2 smalls sweet potatoes (12 oz), scrubbed, sliced into ½ inch cubes
- 1 tbsp oil
- 1 onion, diced
- 1 tbsp chili seasoning
- 1 bag of baby spinach
- Juice of ½ lime

Bring a large pot of water to a boil and add the cubed sweet potatoes. Boil until fork-tender, about 5 minutes. (If you cut them in larger pieces, they will need to boil longer. Test with a fork before going to the next step – they should be fork-tender and not mushy.) When they're done, rinse with cold water and drain in a colander.

In a large frying pan or skillet, heat the oil and cook the onion for 3-4 minutes over medium heat. Add cooked sweet potato, seasoning, and spinach and stir until spinach is wilted. Add the lime juice and give it a final mix.

Place mixture evenly on top of bean layer.

Bake in a 350-degree oven for 15 minutes. Let cool for 10 minutes and serve!

Makes 4 servings.